



Nutrition and Oral Health

1. Is it okay to put my baby to bed with a bottle?

- To prevent tooth decay, do not give your child a bottle or 'sippy cup' filled with any sweet liquid (juice, sweetened water, soda pop, or milk) at nap or bedtime.
- Instead, fill the bottle or cup with water only.
- Best of all, don't give any bottle for nap or bedtime. Infants should be held during feedings.

2. What foods are the healthiest food choices for young children?

- Offer your child snacks that are low in sugar, such as raw fruits and vegetables, cheese and yogurt.
- Avoid giving your child sugary foods such as soda pop, candy, cookies, sweetened cereals and fruit roll-ups, for between meal snacks,
- Choosing healthy foods provide your child with a well-balanced diet to maintain good dental and physical health.
- Eating a piece of fruit is healthier than drinking fruit juice.

3. When is the best time to offer my child a sugary 'treat'?

- Serve food containing sugar at mealtimes only and limit the amount.
- Frequent consumption of sugary foods increases the chance of developing tooth decay.
- If your young child has a bedtime snack, make sure that you brush his teeth with fluoride toothpaste after the snack before going to bed.

4. What does sugar do to the teeth?

- Sugar is one of the main causes of tooth decay.
- When dietary sugar and mouth germs combine on the tooth enamel, an acid is formed.
- The acid weakens the enamel, and eventually a cavity is formed.
- Reducing sugar intake lowers the risk of tooth decay for all of us.